

## Premium coaching package

The premium coaching package has a limited allocation of only **16 cyclists / triathletes**

### The Premium coaching package includes

- Access to the gold standard blood lactate analysis testing program (location dependent). Extra charges apply for this testing program.
- Athlete profiling to determine characteristics, strength & deficiencies. This also greatly assists in defining goals and targeting races / events that best match the profile.
- Fully customised season plans and goal-setting
- Individualised training plans that take into account: physiology, age, experience, goals, lifestyle and any other factors deemed to have a significant impact on training capacity and adaptive profile.
- Weekly data review of all training sessions with feedback, adjustment and explanation
- Race strategy planning
- Weekly coach contact by phone, email or face to face (location dependent)
- Cycling / triathlon-specific strength and conditioning programs
- Assistance with riding position, equipment selection and all of the technical aspects of cycling / triathlon.

### Costs

- Monthly coaching fee of \$195
- Initial testing fee (for blood lactate analysis) of \$185

### Other requirements

- All athletes must have either a Garmin Connect or Training Peaks account
- Athletes must commit to uploading all completed training sessions each week
- Athletes must comply with feedback requirements using the templates supplied

Please contact Brian "Bubba" Cooke to discuss whether the program is a good fit or to apply

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